

<b>B MenuCycleMONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3/4 c <u>CreamedTurkey</u> 1</b> <b>2 CS over 1 <u>WWBiscuit</u></b> <b>(1CS)</b> ½ c <u>Oriental Blend Veg</u> or opt cook's choice 2 <sup>nd</sup> LS veg <b>3 Tomato slices on Lett</b> <b>Leaf</b> ½ c <u>Fruit Cocktail</u> 1CS (1 WholeGrainBrd 1CS)	<b>1 <u>Ginger Pork Chop</u> 2</b> ½ c <u>Baked Potato</u> 1CS <b>2 T. Light sour cream</b> 1/3 c <u>Seasoned Spinach</u> or optional cook's choice 2 <sup>nd</sup> LS vegetable <b>Seasonal Fruit (grapes) 1-2 CS</b> <b>(2 WholeGrainBrd 2CS)</b>	<b>2 oz <u>Hot Beef on</u> 3</b> <b>1sl <u>WholeGrainBread</u> 1CS</b> ½ c <u>Mashed Potatoes</u> 1CS & <b>3 oz <u>Gravy</u></b> ½ c <u>Green Beans</u> ½ c <u>Peaches</u> 1 CS ½ c <u>Vanilla Ice Cream</u> 1 CS (1 WholeGrainBread 1CS) Make & chill Hawiian Chicken Salad	<b>1 c <u>HawaiianChicken</u> 4</b> <b><u>Salad</u> 1CS</b> <b>1 <u>WWCornbread Muffin</u></b> <b>2CS + 2 t. margarine</b> ½c low sodium <u>StwdTomatoes</u> ½ c <u>Frt AppleCrisp</u> 1½ CS <b>&amp;Topping</b> (1 WholeGrainBrd 1 CS) Make Perf Salad for Friday	<b>1 c <u>Lasagna Rotini</u> 5</b> <b><u>Casserole</u> (3CS)</b> ½ c <u>Peas</u> (1CS) ¾ c SF <u>LemonPerfection</u> <u>Salad</u> ½CS ½ c <u>Pears</u> (1CS) (1 WholeGrainBrd 1CS)
<b><u>Taco Casserole</u> 2CS 6</b> ½ c <u>Plain ckd carrots</u> <b>1+c <u>Tossed Salad</u>/1T</b> <u>BalsamicVinegarDr</u> or 2 T <u>French Dr.</u> <u>Reduced sodium &amp; Fat</u> OR 4 oz LS V-8 Juice <b>Seasonal Frt (orange) (1-2 CS)</b> (1 WholeGrainBrd 1 CS) Make Frt in Pudding for Tues	<b>2 oz <u>Meatloaf</u> 1/2 CS 7</b> ½ c <u>Boiled Potato</u> 1 CS + 1 t. margarine ½ c <u>Broccoli</u> or opt ck's choice 2 <sup>nd</sup> LS veg ¾ c <u>Apricots in SF Pudding</u> <b>1CS</b> (2 WholeGrainBrd 2CS)	<b>3 oz <u>Roast Pork</u> 8</b> ½ c <u><i>Company Potatoes</i></u> 1 ½ CS ½ c <u>Cooked Cabbage</u> <b>2 Plums, fresh or ½ c canned in</b> <b>light syrup (1 CS)</b> <b>(2 Whole Grain Brd 2CS)</b>	<b>¾ c <u>Grd Beef/GrBean</u> 9</b> <b><u>Casserole</u> (1CS)</b> ½ c <u>PotatoRounds/Tots</u> 1CS served over casserole <b>1 Seasonal Fruit (banana)</b> <b>(1-2CS)</b> <b>(2 WholeGrainBrd 2CS)</b> Make Fruit in Jello for Fri	<b>1c <u>Chicken&amp;Dressing</u> 10</b> <b>2CS</b> <b>2/3 c <u>Baked Squash</u> 1 CS</b> ½ c <u>Harvard Beets</u> 1CS ¾ c SF <u>Jello w/Frt Cocktail</u> <b>1CS</b> (1 WholeGrainBrd 1CS)
<b>2 oz <u>LS Ham</u> 11</b> <b>4 oz <u>BkdSweetPotato</u> 2CS</b> ½ c <u>Green Beansw/onion</u> ½ c <u>Corn O'Brian</u> 1 CS ½ c <u>Apricots</u> 1CS <b>3 oz Sherbet 2 CS</b> (2 WholeGrainBrd 2CS) Make Potato Salad for Tues	<b>3 oz Hamburger/ 12</b> <b>WholeWheat Bun 2CS</b> ½ c <u><i>Potato Salad</i></u> 1 ½ CS <b>Tomato slices on Lett Leaf</b> <b>1 pkt ketchup, 1 T mustard</b> ½ c <u>Cooked apples</u> 1½ CS <b>(0 additional Bread)</b>	<b>1 1/8 c <u>Beef &amp; Noodles</u> 1½ CS 13</b> 1/3 c <u>Seasoned Spinach</u> or optional cook's choice 2 <sup>nd</sup> LS vegetable ¾ c <u>Crunchy Cranberry Salad on</u> ¼ c <u>shred lettuce</u> 1 ½ CS <b>Seasonal Fruit (peach) 1-2 CS</b> <b>(1 WholeGrainBrd 1CS)</b> Make Acini Di Pepe for Thurs	<b>3 oz <u>Citrus Chicken</u> 14</b> ½c <u>Baked potato</u> 1CS ½ c <u>Peas</u> 1CS ½ c <u>Acini Di Pepe</u> 1CS served over ¼ c chilled <b>drained Pineapple ½ CS</b> (2 WholeGrainBrd 2CS) 1 T light sour cream, 1 T. marg	<b>3 oz Roast Beef 15</b> ½ c <u>Mashed Potatoes</u> 1CS <b>2 T <u>Gravy</u></b> ½ c <u>Lima Beans,</u> 1CS <b>SeasonalFrt(orange)1-2CS</b> (2 Whole Grain Brd 2CS) <b>BDay</b> (Can switch menu to different day: Unfrosted banana cake sprinkled lightly w/powdered sugar & ½ c ice cr (4 CS)
<b>1 <u>Swiss Steak&amp; ¼ c</u> 16</b> <b><u>Tomatoes&amp;onion</u></b> ½ c <u>Baked Potato</u> 1CS ½ c <u>Oriental Blend Veg</u> or optional cook;s choice 2 <sup>nd</sup> LS veg <b>Seasonal Fruit (grapes)(1-2CS)</b> (2 WholeGrainBrd 2CS) Make Frt in Jello &cucumbersfor Tues 2 T Light Sour Cream for Potato	<b>1c <u>Stroganoff (grdbeef)</u> 17</b> <b><u>Casserole</u> 2 ½ CS</b> ½ c low sodium <u>Stewed Tomatoes</u> ½c <u>Cucumbers/Balsamic</u> <u>VinegarDr</u> ¾ c <u>Pears in Jello</u> 1CS (1 WholeGrainBrd 1CS)	<b>1 c <u>Chicken Alfredo</u> 2CS 18</b> ½ c <u>Harvard Beets</u> 1CS <b>2 T Cranberry Sauce 1 CS</b> ½ c <u>Apple Jc</u> 1CS ½ c <u>Fruit Cocktail</u> 1CS <b>(1Whole Grain Brd 1CS)</b>	<b>1½c <u>HungarianGoulash</u> 19</b> <b>(meat, grain&amp;veg serv)3CS</b> ½ c <u>Cooked Cabbage</u> <b>Seasonal Frt (pear)(1-2CS)</b> <b>(2 WholeGrainBrd 2CS)</b> Make Peach Crisp for Fri	<b>Breaded Baked Fish 20</b> <b>4 oz <u>BakedSweet Potato</u></b> <b>2CS (~2/3 cup)</b> ½ c <u>Peas</u> 1CS ½ c <u>Frt Peach Crisp</u> 1½CS 1 ½ T. whipped topping (2 WholeGrainBrd 2CS) Defrost chicken for Monday
<b>2+oz <u>ChickenParmesan</u> 21</b> <b>½c <u>OvenBkBrownRice</u></b> <b>1½ CS</b> ½ c <u>Baked Squash</u> ½ CS <b>1c lowcal cran jc cockt 1CS</b> ½ c <u>CookedApples</u> 1½ CS (1 WholeGrainBrd 1CS)	<b>1PorkChopw/CelerySc 22</b> ½ c <u>Mashed Potatoes</u> 1CS 1 tsp. margarine ½ c <u>Green Bean Casserole</u> ½ c <u>Tropical Fruit</u> (1CS) <b>(2WholeGrainBrd 2CS)</b> Defrost enough turkey for Thurs & Monday Make Sunshine Salad& Potato Salad for Wed	<b>3 oz BBQ Beef on Bun 2CS 23</b> ½ c <u>Parslied Carrots</u> + 1 tsp marg ½ c <u><i>Potato Salad</i></u> 1½ CS ¾ c <u>LimeSunshineSalad</u> 1CS <b>Seasonal Fruit (banana ) 1 ½ -2 CS</b> (0 additional bread) Prepare enough turkey tomorrow for tomorrow & for next Mon & freeze Monday's Thurs night	<b>3 oz Rst Turkey(whole) 24</b> ½ c. <u>Mashed Potatoes</u> 1CS <b>2 T <u>Gravy</u></b> ½ c <u>Broccoli</u> OR 4 oz LS V-8 Juice ½ c <u>Pears</u> 1CS 2 T. <u>Cranberry Sauce</u> 1CS (2WholeGrainBrd 2CS) Prepare Frt in Pudding for Fri &Refrig	<b>2 c <u>Taco Salad</u> + 25</b> <b>½c <u>TacoMeatBeanMix</u> 2CS</b> <b>1med wholewheat roll 1CS</b> <b>OR 3 oz Hamburger on Bun &amp;</b> ½ c of 2ckd fzn vegetables ¾ c <u>Fruit in Pudding</u> 1CS Defrost Monday's turkey in refrig over wkend

Day 6 Sodium too high if more than ½ slice of bread, 1T dressing to decr fat Day11Corn O'Brian + GreenBeans & Sherbet added for low sodium calories with LS Haml

<b>Recipe and menu abbreviations:</b> <b>AP</b> As Purchased <b>EP</b> Edible Portion ~ Approximately <b>CHO</b> Carbohydrate <b>CS</b> Carb Servings	<b>CS</b> = Carb Serving Each CS = ~ <b>15 grams CHO</b> for diabetics who are controlling CHO intake  <b>LS</b> Low Salt/Low Sodium <b>SF</b> Sugar Free	<b>SF gelatin (Jello) measure:</b> .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.	<b>SF instant pudding (Jello brand) measure:</b> 1 oz = 5 T or ¼ c + 1T  <b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily
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**RECIPES are included for BOLDED underlined items on this cycle.** Underlined unbolded recipes are from previous cycle.

**All meals include:** 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving

Record any menu substitutions necessary on the menu substitution form. Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.*

**ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.**

**Canned Fruits:** Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to =1 fruit serv)

**High Vitamin K vegetables:** cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

**Gelatins** (Jellos) are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes.

**VEGETABLES are to be frozen or salt free canned. Vegetable Blends** on Cycle A (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

**Fish:** When fish is on the menu offer a cook's choice LS meat for nonfish eaters; **MEASURES:**

1 Tablespoon = 1T. = 3 teaspoons = 3 t.

1 cup = 16 Tablespoons

1 pint = 2 cups

1 quart = 4 cups

1 gallon = 4 quarts = 16 cups

**A PINT is a POUND (of liquid) the WORLD AROUND**

Many other solid, heavy measures of 1 pint also = 1 pound

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

¼ cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;

2/3 cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

**SCOOPS:**

#6 = 2/3 cup = 10 2/3 T.      #30 = 2 T.

#8 = ½ cup = 8 T.      #40 = 1 2/3 T.

#10 = 3/8 cup = 6 T.      #50 = 3 ¾ t.

#12 = 1/3 cup = 5 1/3 T.      #60 = 3 ¼ t.

#16 = ¼ cup = 4 T.      #70 = 2 ¾ t.

#20 = 3 1/3 T.      #100 = 2 t.

#24 = 2 2/3 T.

The number on the scoop indicates how many level scoopfuls make 1 quart.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = ½ cup;

½ c is the measure of a #8 scoop when level.

**LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):**

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 ½ cups
2 oz	¼ cup = 4 T	6 oz	¾ cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T		1 pint or 1 pound of liquid

